

CALIFORNIA FLOUNDER
PARALICHTHYS CALIFORNICUS



DESCRIPTION:

California Flounder, *Paralichthys californicus*, is a large-tooth flatfish native to the Pacific Coast from Quillayute River, Washington to southern Baja California. It is a member of the left-eyed Flounder family of fish and is smaller than the more northern-ranging Pacific Halibut. The top side of California Flounder is a mottled brown color, and the bottom is off white.

EATING QUALITIES:

California Flounder is the most popular of all southern California groundfish and just as tasty as Pacific Halibut. The meat is delicate, light, flavorful and mild. California Flounder has a broad appeal and can be prepared a variety of ways.

FISHING METHODS AND REGULATIONS:

California Flounder are aggressive predators. They are typically fished using hook and line. This type of fishing is very selective and bycatch can be released easily. California Flounder can be fished year-round.

SELL BY:

Whole, Fillets, Portions

NUTRITIONAL INFORMATION
 Per 3.5 ounce portion

Calories	91
Total Fat	1.19 g
Saturated Fat	0.3 g
Protein	19 g
Sodium	81 mg
Cholesterol	48 mg
Omega-3	0.2 g

COOKING METHODS

- Sauté
- Bake
- Broil
- Grill
- Poach

HANDLING

Whole fish should be packed in flaked ice. Whole fish and Fillets should be stored in a drain pan in the coldest part of the walk-in. Fillets should also be covered in ice although with a barrier, so the ice never touches the flesh.

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